

YR 7 - Italian Pasta - work in pairs

Ingredients

240g Pasta 50g
Mozzarella
cheese
400g Tin chopped
tomatoes 1 Onion
1 Red pepper
1 Clove garlic
Italian seasoning
Splash of oil

Equipment

- Chopping board
- Sharp knife
- Garlic press
- Large saucepan,
- Frying pan
- Wooden spoon
- Colander □ Foil
tray

Method

1. Fill large saucepan $\frac{1}{2}$ full with water and put on hob at full. When simmering add pasta - test a piece in 15 minutes.
2. While you are waiting to add pasta, deseed and chop red pepper.
3. Peel and chop onion.
4. Peel garlic and use garlic press to squeeze garlic through.
5. Heat a small amount of oil in frying pan and add pepper, onion, garlic, seasoning and cook gently for 5 minutes.
6. Stir in chopped tomatoes into frying pan - simmer for 5 minutes.
7. Test and drain pasta then put $\frac{1}{2}$ in each foil tray. Add $\frac{1}{2}$ of the sauce from the frying pan and mix.
8. Sprinkle cheese over the top.
9. When cooled, put lid on tray and place in fridge.